



# Suncook Senior Center Newsletter

*Your Resource for Healthy Aging*



## To GO Meals

**2021**  
**Michelle**  
**Beaudin**

**Manager**  
**485-4254**

Located at the  
**Allenstown**  
**Community Center**  
8 Whitten Street  
Allenstown, NH

Serving the  
communities of:  
Allenstown  
Hooksett  
Pembroke  
But all are welcome!

**Hours:**  
**Monday-Thursday:**  
**8:00am -2:00pm**  
**Friday:**  
**8:00am-1:00pm**

- ♦ Meals on Wheels
- ♦ Educational Programs
- ♦ Wellness Activities
- ♦ Exercise Programs
- ♦ Games & Puzzles

Merrimack County  
ServiceLink: The first  
number to call for sen-  
ior services:  
**228-6625 or**  
**1- 866-634 -9412**



On July 1st Please come and get your BLT on a Bun w/Chips and Watermelon.

On July 8th Please come and get your Garden Salad w/a Scoop of Chicken Salad and a slice of Apple Pie.

On July 15th please come and get your Italian Grinder w/ Chips  
On July 22nd please come and get your Caesar Salad w/Breaded Chicken.

On July 29th Please come and get your Sliced Turkey Cold Plate w/ Potatoes Salad & Beets and Chocolate Chip Cookie.

Please Call Michelle at 485-4254 To Make Reservations

## Great Things Happen in July

We all know that July 4th, in the US, is Independence Day and we love celebrating it. We'll eat tons of hot dogs and blow up millions of pounds of fireworks. We'll have a blast, especially this year, after so long apart. We hope your barbecues and summer adventures are abundant and fun (and safe!). It's hard to believe how much we've grown over the last 250 years. Our United States has grown into an impressive and independent country.

While our Independence Day is sure to bring celebrations, there are many other days of celebration during the month of July too, like July 7th, National Strawberry Sunday Day. Strawberries are ripe and abundant right now—make sure to pick some up from a local farm or store, grab ice cream and enjoy a delicious summer treat. Strawberries are full of Vitamin C and Manganese so go ahead and indulge in these sweet little summer nuggets of joy. Charles V, king of France (1364-1380) was known to have over 1200 strawberry plants in his royal garden. Henry VIII's Almoner is said to have been the first to use cream with strawberries in the 1500s. They've been enjoyed for centuries—now it's our turn. Enjoy your July!





## **TAKEOUT OPTION!!!!**

We are still offering meal options at the center in takeout form 2 days a week; **Monday and Thursday!**

You can receive 5 frozen meals or more. A \$10 donation is suggested for each pick up.

For more information or to sign up please call

**Michelle at 485-4254**

### **Activities Currently At Suncook Senior Center**

#### **MONDAY**

**9:00– 10:00am: Bone Builders—** Great program, taught by seniors, which helps to build bone strength. Donations accepted. For more information call Nancy 485-9181

**10:30am-12:15PM : Bingo—** Join our fun and lively group of bingo players!

#### **TUESDAY**

**10:00-12:00PM: Cribbage Club —** Join the fun!

#### **WEDNESDAY**

**9:00am – 10:00am: Bone Builders —**see description under Monday.

**11am-12pm: Tops Group.** For more information on joining please call Dorin at 1-508-269-7872

#### **THURSDAY**

**10:15am– 11:45am: Bingo!**

**12:30pm-2:30pm Klunk! Please come and join the fun!**

**8:30am-2:00pm CRVNA Senior Health Clinic Second Thursday of the month.** Call 224-4093 ext 5815 for appointment.

**More fun to come !**

**Yoga TBD on date**

**Pastel Drawing Class with June Garney date TBD.** For more information call Center.

**Hand and Foot Card game date TBD**

**Please call Michelle at 485-4254 to sign up for activities.**

**All Actives are scheduled only**

**Save the date on August 11th at 11am there will be live Music with Mark Stainzer.**

*From your...*

**COMMUNITY & CAPBMCI RESOURCE CENTER**

**New Hampshire Electric Assistance Program** – You may be eligible for a discount of 9%-77% on your electric bill. Call **485-7824**.

**New Hampshire Legal Advice** – This program is available to NH residents over the age of 60, free of charge. Please call **624-6000**.

**Service Link** – This is your connection to information and support services for seniors. Please call **228-6625**.

**Commodity Supplemental Food** – Are you looking for healthy foods? CSFP provides free nutritious foods such as cereal, cheese, fruits, vegetables, pasta and juice for low-income seniors aged 60 and older. In the summer you will receive fresh fruits and vegetables! Call **225-2050** for more info.

**Meals-on-Wheels** delivers a mid-day meal to homebound seniors and individuals with disabilities Monday thru Friday. For more information call us at **485-4254**

**CAPBMCI Volunteer Driver Program** – If you are aged 60 years and above, or living with a disability, you qualify for rides through the Volunteer Driver Program! Rides are available Monday thru Friday 5:00am to 6:00pm. To request a ride, call **225-1989** or email [dispatch@bm-cap.org](mailto:dispatch@bm-cap.org).

**Commodity supplemental food program** If you need to supplement your monthly food budget this could help! Please call 1-800-578-2050 or 225-2050 to see if you qualify.

**FREE HOT MEALS FROM BOYS& GIRLS CLUB.** Every week night from 4– 5:45 the Suncook boys and girls club. Please come to the Reynolds ST entrance. No reservations needed. Please reframe from entering building. Somebody will come outside for your safety and convenience .  
**PLEASE DO NOT ARRIVE BEFORE 4 PM.**

**Healthy eating and hydration**

Nutrition has an impact on our health regardless of our age. A healthy, well-balanced diet and drinking plenty of fluids throughout the day is critical. As part of Granite VNA's 10-week Aging Mastery Program®, Halley Rust, RDN, CDCES, LD, Dietitian & Diabetes Educator at Concord Hospital Diabetes and Nutrition Services, discusses nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines. The next program begins Thursday, July 29. Learn more and register by calling (603) 224-4093, ext. 5815 or visit [www.granitevna.org](http://www.granitevna.org)



**Help with your Heating and Electric Costs!**

You may be eligible for help with your energy bills. The Fuel Assistance Program will help pay your winter heating bills and the Electric Assistance Program can provide a discount on your electric bill if eligible. Please call the Area Center nearest you for more information or to make an appointment to apply. Home visits and mail-in applications are available for those unable to come in to a center.

**Concord Area Center** – 225-6880  
**Area Center** – 934-3444  
– 456-2207  
485-7824

**Laconia Area Center** – 524-5512  
**dith Area Center** – 279-4096

**Franklin  
Warner Area Cen-  
ter** – 456-2207  
**Suncook Area Center** –

**Mere-**

**Elder Services**  
**Community Action Program, Belknap Merrimack Counties, Inc.**

Suzanne Demers, Director,    Peggy Maylone, Operations Manager

**Consider donating a tax deductible contribution to the Meals on Wheels Program  
in tribute to someone special, or to celebrate a special occasion.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone # (if we have questions) \_\_\_\_\_

In Memory/Honor of \_\_\_\_\_

(circle one above)

Send Acknowledgement to \_\_\_\_\_

Address: \_\_\_\_\_

Please make checks payable to CAPBMCI—MOW and send to Community Action Program, Belknap-Merrimack Counties, Inc, P.O. Box 1016, Concord, NH 03302.    *Thank you for your support.*